What is claimed is:

- 1. A seat belt system for controlled deflation of an inflating air bag comprising a belt for disposition on a vehicle occupant and a puncture device mounted on the belt and having a pointed tip for puncturing an air bag which inflates against the belt.
- 2. A seat belt system according to claim 1, wherein the puncture device includes means for venting gas from an inflating air bag upon puncturing of the bag.
- 3. A seat belt system according to claim 1, wherein the puncture device includes a clip for removably mounting the device on the belt.
- 4. A seat belt system according to claim 1, wherein the puncture device includes means for shielding the pointed tip except when an air bag inflates against the belt.
- 5. A seat belt system according to claim 4, wherein the means for shielding is operative to shield the pointed tip until an air bag inflates against the belt with a predetermined force.
- 6. A seat belt system according to claim 5, wherein the means for shielding includes a shielding element slidably mounted on the puncture device and a resilient element coupled to the shielding element.
- 7. An air bag puncture device comprising an element having at least one sharp point and an arrangement for mounting the device so that the at least one sharp point extends outwardly from the torso of a vehicle occupant and punctures an air bag upon inflation onto the torso of the occupant.

- 8. An air bag puncture device according to claim 7, wherein the arrangement for mounting the device includes a vehicle seat belt and means for mounting the device on the seat belt.
- 9. An air bag puncture device comprising a cylindrical cutting device having a serrated outer end, a spring loaded collar slidably mounted on the cylindrical cutting device and means for mounting the cylindrical cutting device on a vehicle seat belt.
- 10. An air bag puncture device according to claim 9, wherein the spring loaded collar includes a spring having a resilient resistance to sliding movement of the collar over the cutting device which defines a predetermined amount of force necessary for the cutting device to puncture an inflating air bag.
- 11. An air bag puncture device according to claim 9, wherein the cylindrical cutting device has a venting slot therein, and the spring loaded collar has a vent hole therein.
- 12. An air bag puncture device according to claim 9, wherein the puncture device includes means for removably mounting the cylindrical cutting device on a vehicle seat belt.
- 13. An air bag puncture device according to claim 12, wherein the means for removably mounting includes a resilient clip.
- 14. An air bag puncture device according to claim 13, wherein the cylindrical cutting device has an inner end opposite the serrated outer end which is mounted on the resilient clip and the spring loaded collar includes a hollow cylindrical collar slidably mounted on the cylindrical cutting device and a coil spring disposed about the outside of the cylindrical cutting device and extending between an end of the collar and the resilient clip.

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